



State, 7th EDD partner for removal of sunken ship

Story and photos by
SGT. 1ST CLASS NICOLE HOWELL
8th Theater Sustainment Command Public Affairs

HONOLULU — A team of Army divers partnered with the State of Hawaii to perform an assessment for the possible salvage of an abandoned, sunken, 77-foot fishing vessel, the Judy K, from Honolulu Harbor.

Earlier this year, this boat leaked an estimated 150 gallons of diesel fuel into the harbor. Although this vessel currently does not pose a threat to the environment or to public health and safety, Darrell T. Young, deputy director, Hawaii Department of Transportation-Harbors Division stressed the importance of this harbor. “Eighty-percent of goods are imported to Hawaii, and of that 80 percent, 99 percent of that comes through this harbor,” said Young. “That’s how important this is.”

Over the course of two days, the 7th Engineer Dive Detachment, 130th Eng. Brigade, 8th Theater Sustainment Command, conducted multiple dives to assess the potential for the boat to be refloated at a later date. The dives were targeted to assess different areas of the ship to see the current state of the structure.

If the team’s assessment shows that it can be salvaged, operations to resurface the vessel could take a minimum of two weeks.

“It poses a lot of challenges for us, and with a salvage there are a lot of variables,” said Staff

Sgt. David Craig, the noncommissioned officer in charge of the project and a Hawaiian native. “In the best-case scenario, I believe we could get



In the photos, Army divers from the 7th Eng. Dive Detach., 130th Eng. Bde., 8th TSC, assess the partially sunken fishing vessel Judy K, which has been leaking diesel fuel into Honolulu Harbor. The Hawaii State Dept. of Transportation asked the Army to help them salvage the vessel.

materials they need to repair the vessel and the estimated time necessary to bring it back to the surface.

“Every salvage needs engineer work,” Craig said. “Every boat sinks differently, and every time you go out to a job like this, it is different because the factors change. Designing a salvage is complicated and a lot of work, but it is my favorite type of job.”

This real-world training event proved to be a great opportunity for the dive detachment, while providing support to the local community.

“We believe the Army divers bring a capability that we cannot find in the private market,” said Young. “We also believe that partnering with the Army divers has saved us tens of thousands of dollars for the state. When we put this up for bid, we estimated the cost of the project to be \$30-50,000, but the local contractors bid amounts (were) more than \$100,000. That is a lot of money for the state.”

“We are extremely grateful for this help,” Young added. “This is a great example of a mutually beneficial relationship between our federal partners and us. We couldn’t do it without these guys.”



Photo by Staff Sgt. Carlos Davis, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division

Strykers from the 2nd SBCT, 25th ID, like this one, are expected to move to support the National Guard’s 81st ABCT, 40th ID, in Washington, Oregon and California.

Army to realign, cut 40k Soldiers

C. TODD LOPEZ
Army News Service

WASHINGTON — By the end of fiscal year 2018, the active Army expects to have drawn down in size from 490,000 to 450,000, said Army officials during a press conference, Thursday, at the Pentagon.

The service will shrink the size of several brigade combat teams and will cut 17,000 civilian employees.

“These are incredibly difficult choices,” said Brig. Gen. Randy George, director of force management for the Army. “The Army followed a long and deliberate process that included utilization of a (Government Accountability Office), endorsed military value analysis process, and an inclusive total Army analysis, in order to determine the best construct for the Army, based on the threats we face and the current fiscal environment we must operate in.”

The most-recently announced cuts will heavily affect six installations, where more than 1,000 Soldiers will be cut. These locations include the following:

- 3,402 Soldiers at Fort Benning, Georgia;
- 3,350 Soldiers at Fort Hood, Texas;

- 2,631 Soldiers at Joint Base Elmendorf-Richardson, Alaska;
- 1,251 Soldiers at Joint Base Lewis-McChord, Washington;
- 1,214 Soldiers at Schofield Barracks, Hawaii; and
- 1,219 Soldiers at Fort Bliss, Texas.

During the press conference, the Army provided a list of 30 installations, including the six above, where changes would be made. Communities outside those installations will regrettably be affected by the changes, George said, but “the Army has to operate within the budget provided. Part of doing that is restructuring and reorganizing to be able to accomplish the Army’s mission in the best manner possible.”

Cuts to the force will come from reductions of headquarters, focusing on two-star and above headquarters, the reduction of brigade combat teams, the Aviation Restructure Initiative, operational force design changes, and reduction to enabler and generating forces.

George said that the Army will try to draw down the active force end strength gradually in

Summit draws Soldiers, others

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Hawaii’s first Transition Summit for Soldiers, family members and veterans rolled into action, here, Wednesday and Thursday, with expert panels, workshops, a networking event and a hiring fair — all aimed at connecting service members with private-sector companies looking to hire.

More than 2,000 service members, families and veterans attended, and representatives from more than 100 companies were there, according to officials from the Chamber of Commerce Foundation’s Hiring Our Heroes program, which was one of the main architects of the summit and similar forums at other military bases on the continental United States and overseas.

U.S. Secretary of Labor Thomas E. Perez and U.S. Secretary of Veterans Affairs Robert McDonald delivered keynote speeches to packed audiences.

Both secretaries have ties to the Army. Perez’s father served in the Army, and McDonald’s served with the 82nd Airborne Division and earned the Ranger tab, Expert Infantryman Badge and Senior Parachutist wings.

Perez spoke optimistically about the economy, saying it’s moving in the right direction and showing growth in all sectors.

He and McDonald agreed that there are many opportunities for transitioning Soldiers in the private sector because Soldiers possess the skills that employers want.

“If you have skills leading people, and all of you have that skill; if you know what DEFCON 1 means, and all of you have that skill; that’s why employers are jumping at the bit, whether it be JP Morgan or other colleagues that are here,” said Perez. “They want to hire you.”

This boded well for those like Spc. Thomas Smarsh, who attended the summit because he plans to transition from the Army by early next year.

“I came because I wanted the opportunity to talk to people outside of the military,” said Smarsh. “Specifically, I’m interested in meeting with someone from the aerospace industry because that’s what I’m studying.”

The summit also featured events (such as the Military Spouse Workshop) that were applicable to military spouses (like Fahiya Hassan) who were looking for employment.

“I’m here because I want to put my four-year degree to use. I’m hoping being here will help me find a job in Hawaii,” Hassan said.

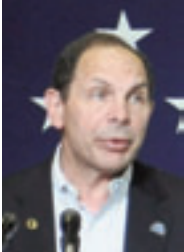
Army spouse Desiree Dobbs said she planned to attend the summits Resume Writing and Federal Careers Workshop.

“I just moved here 30 days ago from Joint Base Lewis-McChord,” she said. “I’ve done banking work in the past and am looking for administrative work. But actually, I’m really interested in getting a federal job.”

Smarsh, Hassan and Dobbs already had a direction for their career search, but for those who may not have, McDonald offered some philosophical advice, urging his audience to “find a purpose or mission in your life.”

Just as these service members and their families have served and protected the country by fulfilling their military missions, so should they give themselves their best chance for success beyond the military by preparing for their career “mission.”

Ross Brown, head of Veterans and Mili-



McDonald



Perez



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major

CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication

Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com

News Editor
John Reese, 656-3488
news@hawaiiarmyweekly.com

Pau Hana Editor
Jack Wiers, 656-3157
community@hawaiiarmyweekly.com

Staff Writer and Photo Editor
Karen A. Iwamoto, 656-3150
reporter@hawaiiarmyweekly.com

Layout
Daniel P. Pereira
Advertising: 529-4700
Classifieds: 521-9111

Address:
Public Affairs Office
745 Wright Ave., WAAF Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000

Website:
www.hawaiiarmyweekly.com

Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MAJ Shea Asis, 655-6343
2nd Stryker Brigade Combat Team
CPT Rich Barker, 655-0738
3rd Brigade Combat Team
CPT Tanya Roman, 655-1083
25th Combat Aviation Brigade
CPT Heba Bullock 656-6663

8th Theater Sustainment Command
SFC Nicole Howell, 438-1000
311th Signal Command (Theater)
Liana Kim, 438-4095
94th Army Air & Missile Defense Command
SFC Jaquetta Gooden, 448-1556
9th Mission Support Command
Brian Melanephy, 438-1600, ext. 3114
18th Medical Command (Deployment Support)
PFC Bryan Faison, 438-4737

Tripler Army Medical Center
James Guziar, 433-2809
U.S. Army Corps of Engineers-Honolulu District
Joe Bonfiglio, 835-4002
500th Military Intelligence Brigade
SSG Thomas Collins 655-5370

599th Transportation Surface Brigade
Donna Klapakis, 656-6420
USAG-Pohakuloa
Dennis Drake, 656-3154

Police Call

Community prepares to go back to school

COL. DUANE R. MILLER

Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command



Miller

As difficult as it is to believe, we are fast approaching the end of the summer vacation.

You can see summer programs coming to end, and AAFES (the Army and Air Force Exchange Service) and local stores pushing out their back-to-school supplies.

Regardless of whether you have children going to school this year, there are many things that you should consider as the school year begins on July 29.

The start of the school year means a significant increase of traffic, both on and off post, during pick-up and drop-off times. There will also be increased pedestrian traffic throughout the installations, especially in the vicinity of the schools.

With the increased traffic of school buses and parents taking their kids to school, the amount of time to get to and from your destination may equate to a little longer commute. We ask the members of the community to be extra vigilant, especially during the first few weeks of the school year, until we all get accustomed to school being back in session.

Again, all elementary and middle schools across the garrison resume classes on July 29. Drop-off times in the mornings will be from approximately 7-8:30 a.m. throughout the week. Pick-up times during the week are approximately from 1:45-2:30 p.m., with the exception of Wednesdays, which is an early release day. On Wednesdays, the release

time is between 1-1:45 p.m.

Please be extra vigilant around these times and follow all posted speed limits: the instructions issued by Military Police and crosswalk guards, and the prohibition of passing school buses with their red lights flashing.

We also ask parents to ensure that their children have proper supervision when traveling to and from school. Children under the age of 10 years old cannot be

left unsupervised at bus stops and cannot walk to school alone.

For those students 10 and over, parents, please remind your children about the importance of safety when walking to school. Look both ways, never assume vehicles will stop and cross the street at designated crosswalks. For those students who ride their bicycle or skate to school, remember the personal protection equipment requirements on the installation.

To assist with a smooth transition this school year, there will be increased MP presence in the areas surrounding the schools and heavily traveled roads. There will be increased radar enforcement and presence patrols to ensure the safety of our children and the community as a whole.

Remember, the responsibility to ensure a safe start of the school year falls on each member of our community. We look forward to a great and safe school year.

Police Beat Roll-Up

•Aliamanu Military Reservation

2 - Assault

1 - Larceny

1 - Theft

•Fort Derussy

1 - Theft

•Fort Shafter

1 - OVUII, Under the Influence

1 - Theft

•Hawaii Armed Services Police

4 - OVUII, Under the Influence

•Helemano Military Reservation

4 - Domestic Disturbance

1 - Larceny

1 - No Driver's License

•Schofield Barracks

1 - Assault

1 - Domestic Disturbance

4 - No Driver's License

1 - Larceny

1 - OVUII, Under the Influence

•Wheeler Army Airfield

1 - Larceny

Letter to the Editor

6-year-old loses wallet, receives anonymous gift

AMBER MASHBURN

Family Member

On June 30, my 6-year-old son (Austin) lost his wallet, with his chore money in it, at the commissary.

I posted the loss of his wallet on Schofield Barracks' "buy-sell-trade" (Facebook page), in the hopes that we would catch the attention of whoever may have picked it up, so they could return it.

What happened next took me completely by surprise.

One Soldier got together with several others who had posted on our post, and today my son received a brand new wallet with a note inside from an anonymous Soldier and \$140 inside.

I only know the name of one of these Soldiers, but if there's a way I can make this public to express my gratitude, I would like to do so.

(Editor's note: In this age of instantaneous communications with Twitter, Facebook and other social media, most of the comments received on the "Hawaii

Army Weekly" online and the U.S. Garrison-Hawaii's official Facebook page remain there — online.

However, the generosity of this act of anonymous goodwill, and the application of Army Values—by some of the warriors stationed here, merits the attention of the readership.)



Austin Mashburn

511STEPS in FAITH

Rage can lead to saying or doing things one later regrets

CHAPLAIN (MAJ.) JOHN GRAUER

Plans and Operations Chaplain
U.S. Army Garrison-Hawaii

Have you ever noticed that some people are always angry?

Perhaps you are in a relationship with a person who is always angry. You get home, you walk on eggshells, you're scared you'll do something wrong, and then you'll set them off!

Have you ever been there?

Anger is an emotion characterized by great displeasure, indignation, hostility, wrath and sometimes, even rage. Does this describe someone you know – maybe you?

There are many characterizations of angry people, from blowing their lid off to a big red face, to steam coming out of someone's ears. What we know is that when you get angry, there's a pent-up energy that wants to explode. Anger is just such a means.

However, anger can be a constructive or destructive force. It just depends on the circumstances.

For some of us, we're a little bit like the "Incredible Hulk." We keep everything inside, and then we explode with rage.

Perhaps we've experienced trauma, pain, even death, and we've dealt with all sorts of raw emotions that seem to simmer just beneath the surface. We blame everyone, but we never ask for help. We close ourselves off and BOOM! We just explode.

Now, the main character in the "Incredible Hulk" is his alter ego, Dr. Bruce Banner, a scientist who, through an experiment gone awry, taps into great power when he becomes angry. Not only do his emotions surge, but there's a physiological change that happens.

Banner suddenly bulks-up: His pants and shirt split, his flesh turns green and he becomes a muscle-bound monster that damages anything that stands in his way. He could throw you around like a little doll because rage takes over. The monster comes out, and no one can ever anticipate what the monster might do.

The following morning, when Banner awakes from his rage in tattered clothes, he barely remembers, but regrets, the damage he has caused.

Banner, however, knew whenever he was starting to go into this rage.

"Don't make me angry, because the beast comes out in me," he'd warn.

Banner is not that farfetched from what you and I experience.

Have you ever had that green monster pop up in your life? Have you ever warned someone, "Don't get me angry. You don't want to go there."

Maybe you've warned, "This could get ugly. You don't want to see that side of me. Don't push me there."

That's because you know that when the monster emerges and explodes, you say things and do things that you normally wouldn't do. You go into this rage like the "Incredible Hulk" does. You can't control yourself, and then a few hours later, the regret is there.

"How could I have done that?"

I'm so sorry, that really wasn't me, I apologize, really, I don't know what happened. I don't know what came over me. It's just my anger," you will say.

In the New Testament book of James, it says, "Hey, I want you to know this. Listen, every one of you needs to be quick to

listen, slow to speak, and slow to become angry."

Most of us have it all the opposite. We're quick to speak, slow to listen and quick to become angry.

Why do we need to control our anger? Because when we take our

anger and use it to make positive change or battle injustice, we impact those around us.

The next time you feel yourself getting angry, don't do something you'll regret. Think: "How can I turn this into a positive situation?"

Remember, you impact others more than you realize.



The image of Stan Lee's "The Incredible Hulk" generously provided by Marvel Worldwide, Inc.

"The Incredible Hulk," one of Marvel's "Avengers," spends most of his time Dr. Bruce Banner, but moments of rage turn him into the green monster.

Voices of Ohana

Because it's summertime,
What was your most memorable summer vacation?

By U.S. Army Garrison-Hawaii Public Affairs



"When I was at Fort Huachuca and drove up to Tucson and did a bunch of crazy stuff."

Staff Sgt. Jasmine Brown
715th MI Battalion
500th MI Bde.



"Last year when (Wyatt) and I were on the mainland and took a road trip to Disneyland. It was so much fun."

Air Force Master Sgt. Jenni Deylius
Satellite systems engineer



"Hiking (Aiea Loop Trail) and finding a geocache!"

Wyatt Deylius
5-year-old son of Jenni Deylius



"A trip to Ireland two summers ago. The people were so nice and the country was gorgeous."

Elizabeth Hoggatt
Army spouse



"A snorkeling trip when I was a teenager. We took a boat from Orlando to Key West with stops to snorkel along the way. I saw amazing fish and chased a shark."

Mike Schmidley
Air Force spouse



Gen. Vincent K. Brooks (left), USARPAC commander; Brig. Gen. Robert J. Ulises (center), outgoing assistant chief of staff of operations; and Brig. Gen. Bryan P. Fenton, incoming assistant chief of staff of operations, salute the American flag during the playing of the national anthem at a Flying V ceremony at Fort Shafter.

USARPAC bids farewell to Ulises, welcomes Fenton

Story and photos by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Brig. Gen. Robert J. Ulises, outgoing assistant chief of staff of operations, U.S. Army-Pacific, and Brig. Gen. Bryan P. Fenton, incoming assistant chief of staff of operations, were honored during a Flying V ceremony, July 1.

Command teams and organizational colors representing 15 subordinate and theater-enabling commands were present on Palm Circle, here.

Ulises departs USARPAC after 21-months of distinguished service for Joint Base Lewis-McChord, the 7th Infantry Division, where he will assume the duties of deputy commanding general, I Corps.

Ulises, with 30 years of active duty, has been with USARPAC since 2013 as assistant chief of staff of operations.

“Rob Ulises was the first general chosen to fulfill that position (after USARPAC was elevated to a four-star command),” said Gen. Vincent K. Brooks, commander, USARPAC. “So, in many ways, today is the end of the first round of this new history that we are experiencing in U.S. Army-Pacific with a general officer in G-3 now being replaced for the first time by another general officer, Brig.

Gen. Bryan Fenton.”

Brooks noted that Ulises will be staying in the USARPAC theater.

“They’re going to head off to 7th Infantry Division, another famous Pacific division, where Rob will become the deputy commanding general,” Brooks said. “They will be lucky to have him, and we’ll be lucky that his role is still going to be impacting our activities and our operations in the Pacific.”

“It’s been a leadership lab under (Brooks’) tutelage, full of initiatives and innovation,” said Ulises. “He’s truly established a One Team atmosphere and attitude here in the Pacific.”

Fenton comes from the 25th ID, where he was the deputy commanding general of operations.

“This is another proven combat leader with extraordinary experiences over 28 years that he now brings to this USARPAC (family). If you can imagine it, Bryan Fenton has been there and done it,” Brooks said. “Simply put, Bryan Fenton is the right general at the right time with the right skills to move us forward, and we know he’ll do that.”



Brig. Gen. Robert J. Ulises (left), outgoing assistant chief of staff of operations, USARPAC, and Brig. Gen. Bryan P. Fenton, incoming assistant chief of staff of operations, deliver their speeches during a Flying V ceremony at Fort Shafter.



Command Sgt. Maj. Gregory W. Binford, the new senior enlisted adviser to the 8th TSC, speaks during the change of responsibility ceremony on Schofield Barracks’ Hamilton Field, July 2.

8th TSC welcomes new senior NCO

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The 8th Theater Sustainment Command held a change of responsibility ceremony on Hamilton Field, here, to bid farewell to Command Sgt. Major Charles M. Tobin and welcome Command Sgt. Maj. Gregory W. Binford, July 2.

Tobin came to the 8th TSC April 25, 2014, serving as the senior enlisted adviser to both Maj. Gen. Stephen R. Lyons and Maj. Gen. Edward F. Dorman III, the previous and current commanders of 8th TSC, respectively.

Binford arrives after serving as senior enlisted adviser for 404th Field Support Brigade, Joint Base Lewis-McChord, Washington, with more than 25 years of active duty service.

“He is no stranger to the Pacific, our missions or the standards we set as a team,” Dorman said. “His acumen, experience, leadership, devotion to Soldiers and commitment to our Army make him especially suited to assume this important duty, one that Command Sgt. Maj. Tobin has masterfully performed over the last year.

“A proven leader, he brings a wealth of experience and proven leadership to this command,” Dorman said.

Tobin, who has more than 30 years of active duty service, is heading to Fort Belvoir, Virginia, where he will serve as the senior enlisted adviser for the Defense Logistics

Agency.

“To our Soldiers, you’ve gone above and beyond my expectations,” Tobin said. “You inspire me every day, and you have set the bar high throughout the U.S. Army-Pacific and represent us well. You are the band of excellence.

“The accomplishments achieved in the last 14 months are achieved by the hardworking Soldiers and our professional civilians that make up this premier team,” Tobin continued.

Tobin credited his success in the unit to all the Soldiers of the 8th TSC.

“Command Sgt. Maj. Tobin, he puts the ‘W’ in warrior and the ‘P’ in premier and the ‘S’ in standard,” Dorman said. “He is the epitome of calm, competence, commitment and character. Always present, always leading from the front, the ultimate standard-bearer.”

The ceremony ended with Binford taking charge of the formation and retiring the colors.

“It was President Truman who once said, ‘It’s amazing what you can accomplish when you don’t care who gets the credit,’” Binford said. “It’s this sense of service to our country; it’s our team of teams in the logistics realm working to lighten the load of our operational units throughout the vast Pacific region that we will continue to focus upon.

“It’s the hallmark of greatness of our premier team and the 8th Theater Sustainment Command that we are so very proud to have joined this ohana,” Binford said.

SENATOR VISIT



Photo by 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — “In our country’s rebalance to the Asia-Pacific, the strategic value of the 25th Infantry Division was made clear,” said Senator Mazie K. Hirono, a member of the Senate Armed Services Committee. Hirono (left) takes an aerial tour aboard a Black Hawk with Maj. Gen. Charles Flynn, commander, 25th ID, July 1.

Realignment: Army to drawdown, reduce costs

CONTINUED FROM A-1

order to “minimize the turbulence we have with Soldiers and their families.”

By the end of fiscal year 2015, the force will be at 490,000 Soldiers; at the end of FY16, 475,000; at the end of FY17, 460,000; and at the end of FY17, 450,000.

In 2012, the regular Army had an end strength of about 570,000 Soldiers, during the Iraq and Afghanistan wars. In 2013, the Army announced a drawdown of 80,000, to be completed by the end of fiscal year 2017, which would bring the size of the Army to 490,000 Soldiers. The newest reductions of 40,000, in support of the president’s budget, will further reduce the force to 450,000 by the end of 2018.

Much of the initial 80,000-Soldier reduction was achieved by elimination of temporary end-strength increases, wartime allowance and reductions in Europe.

With the latest reductions, the Army will try to use attrition, as well, George said, and the slope of the drawdown will help with that. But with this drawdown, not all Soldier cuts will be able to come through attrition. Instead, the Army will need to continue officer and enlisted involuntary separations to meet the end-strength target of 450,000 Soldiers. There will also be early retirement boards.

“We do except that that will happen,” he said.

Among civilians, there will be a 17,000-person reduction in fiscal years 2016 and 2017. The Army has said that these reductions can be achieved through attrition and by not filling currently unfilled positions. The Army has already cut the civilian workforce by 8,000. The additional 17,000 cuts will mean a total loss of 25,000 Army civilians by fiscal year 2017.

In Hawaii
In Hawaii, the 2nd Stryker Brigade Combat Team, 25th

Infantry Division, at Schofield Barracks, Hawaii, will convert from a Stryker BCT to a two-maneuver-battalion infantry brigade combat team.

The conversion in Hawaii maximizes collective training for both BCTs there, which can now train with existing units from the 3rd BCT. Additionally, the change streamlines logistics support, and reduces costs associated with training at training centers, because the unit will no longer need to ship Stryker vehicles.

The Strykers from 2-25th are expected to move to support the Army National Guard’s 81st Armored Brigade Combat Team, 40th Infantry Division, in Washington, Oregon and California. The equipment from that heavy unit will move to the active Army to establish prepositioned stock in Europe in order to bolster the ongoing commitment to the European Reassurance Initiative.

Officials expect it could take two years to establish the pre-positioned stocks — about one year for the ARNG to divest its heavy equipment, and one year to reset the gear and get it in place in Europe.

The Army also plans to reduce the size of two-star-and-above headquarters by some 25 percent. For divisions, this means a reduction of about 225 Soldiers. For a corps-sized headquarters, this means about 222 Soldiers.

Sequestration
If sequestration continues, the Army is expected to shrink further to about 420,000 Soldiers. George said that would happen after the recently-announced cuts were completed, so they would begin sometime in 2019.

(Editor’s note: Read the full press release about the effects of sequestration and further cuts to the Army elsewhere at www.HawaiiArmyWeekly.com.)

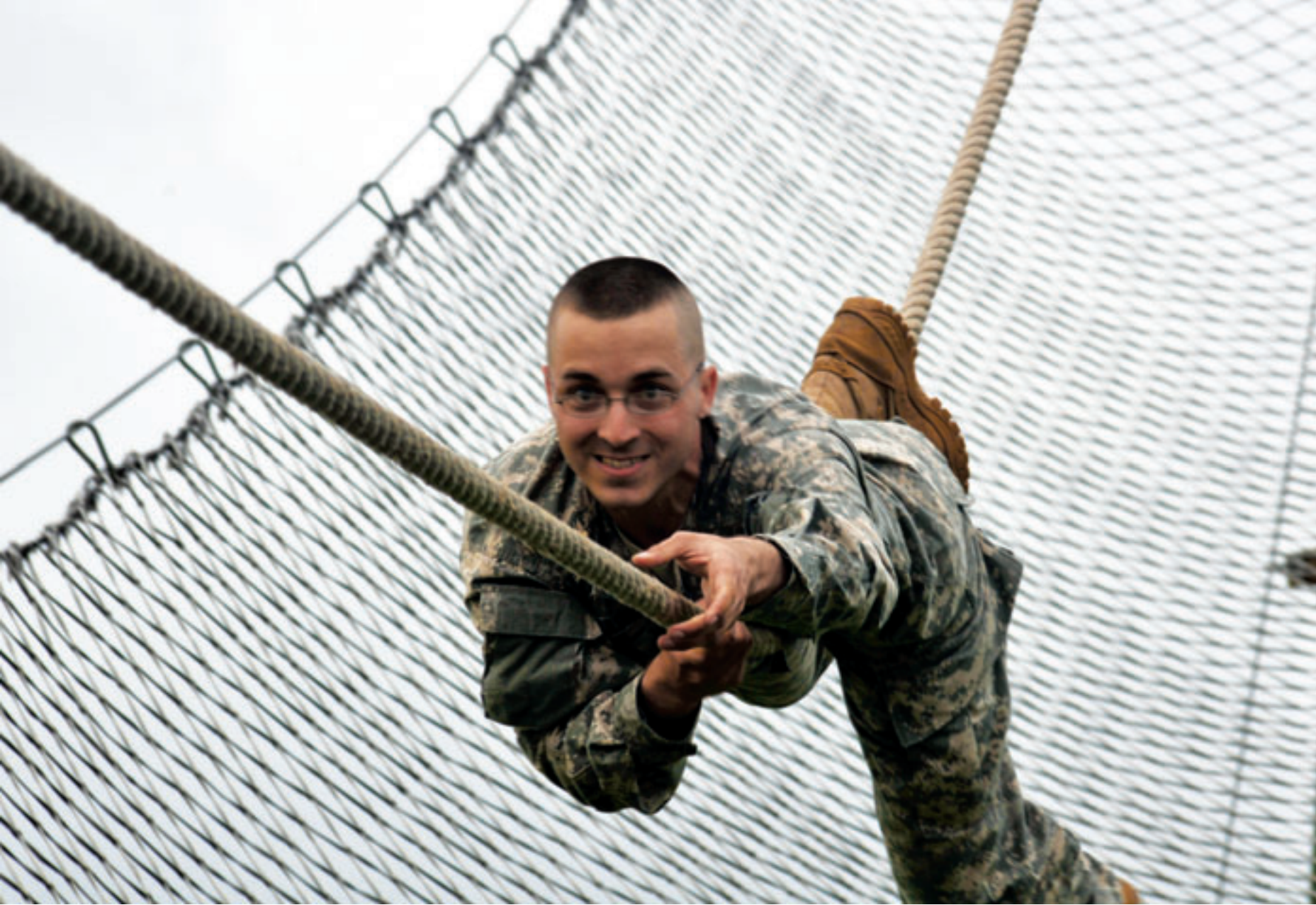


Photo by Joshua Ford, Army News Service

Staff Sgt. Jacob Kasarda, a military policeman with Headquarters and Headquarters Company, U.S. Army Garrison Benelux-Shinnen, Netherlands, will be among 28 of the Army’s elite, across 13 commands, to compete in a series of revamped physical and mental tests to select the Soldier and Noncommissioned Officer of the Year.

Dailey makes changes to Best Warrior Competition

LORA STRUM
Army News Service

WASHINGTON — This year’s Best Warrior competition has been revamped and moved to Fort A.P. Hill, Virginia.

Sgt. Maj. of the Army Daniel A. Dailey said the changes to the competition, which selects the Army’s Soldier and Noncommissioned Officer of the Year, are designed to better assess Soldiers’ basic grasp of Army standards and push beyond them to excel in increasingly challenging circumstances.

“It’s about sending a message across the force to exceed the basic Army standards,” he said.

To better assess Soldiers’ abilities, the competition has been moved from Fort Lee, Virginia, its home for 13 years, to Fort A.P. Hill. The change of venue, Dailey said, allows for a more difficult terrain, which better imitates battlefield environments.

“We want our NCOs and Soldiers to be adaptive on the battlefield,” he said.

In addition to habitat adaptation, Soldiers can no longer expect to complete one task in the absence of additional stressors. While previous competitions asked Soldiers to assemble a weapon and

then move onto first aid in a separate scenario, the updated task merges the two. A Soldier may be asked to assemble a weapon from parts while executing a casualty evacuation and administering first aid.

The introduction of distractions, for Dailey, better resembles the expectations in combat and creates a stronger league of leaders in today’s complex world.

“It’s exactly how you would replicate it on the battlefield,” Dailey said.

Even as the tasks become more challenging, Soldiers cannot expect leniency should they fail. Any Soldier who fails to exhibit basic Army standards will not be allowed to continue to compete. This new regulation isn’t to make the competition “undoable,” Dailey said, but to reinforce in each Soldier the importance of physical and mental readiness.

“You should not be receiving recognition if you cannot pass an Army standard. We have to send a very clear message, and we’re going to be consistent with that,” Dailey said.

These Army standards extend beyond the physical to include a deeper understanding of Army history. The finalists will be taken on a staff ride through the Washington, D.C., metropolitan area to

experience the memorable and sometimes painful Civil War history preserved in Virginia, Maryland and the District of Columbia.

“It’s the whole Soldier concept,” Dailey said. “We want to make sure everyone is well-rounded.”

In ratcheting up the expectations, the rewards are also greater. The Soldiers who advance to the final round of the competition will attend the Association of the United States Army luncheon in Washington. They will be invited to attend professional development sessions at the AUSA’s annual meeting.

Lastly, Dailey will open his home to those declared the best Soldier. With an emphasis on humility and dedication to being the best Soldier possible, Dailey’s dinner with the finalists is to recognize their achievements and remind them that there is another Soldier looking up to them.

The winners of Soldier and NCO of the Year competitions, from commands across the Army, will compete in the BWC in early October.

“It’s prestige and honor that we’re bringing to the Best Warrior Competition. We want to recognize the best of the best of the best,” Dailey said.



Spc. Lawrence Osborne, Bravo Company, 2-27th Inf. Regt., 3rd BCT, 25th ID, speaks to local residents at the showgrounds in Rockhampton, Australia, during the opening day activities for Talisman Saber 15, Sunday.

‘No Fear’ partakes in opening day activities

Story and photo by
SGT. BRIAN ERICKSON

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

ROCKHAMPTON, Australia — Soldiers assigned to 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, took part in the opening day activities at the Rockhampton Showgrounds, Sunday.

The activities marked the beginning of exercise Hamel 15, part of Talisman Sabre 15.

“Having the Soldiers out here (opening day) shows the deep connection between the Australian army, the Australian people and the U.S. people,” said Col. Scott Kelly, commander, 3rd BCT.

The event gave the residents of Rockhampton the opportunity to meet U.S. and Australian forces and see some of the equipment they will use during Talisman Saber 15.

Soldiers from 2nd Battalion, 27th Inf. Regiment, “No Fear,” hosted a display that included a humvee, an M240L machine gun, an M4 assault rifle and an M320 grenade launcher.

“It was a great opportunity to be out there, and we are happy we were able to interact with the public,” said Sgt. Jerry Brossman, 2-27th Inf. Regt.

Talisman Saber 15 is a biennial training exercise designed to give the Australian and U.S. forces the opportunity to train together and build interoperability.



Photo by U.S. Pacific Command

Several hundred I Corps Soldiers head to Australia to join a 33,000-strong contingent of Australian forces and other government and nongovernment agencies participating in the sixth iteration of the biennial Exercise Talisman Sabre. The exercise, currently underway, ends July 19.

I Corps joins forces at Talisman Sabre

SGT. 1ST CLASS JIMMY NORRIS
I Corps Public Affairs

JOINT BASE LEWIS MCCORD, Washington — Hundreds of I Corps Soldiers headed to Australia to join a 33,000-strong contingent of Australian forces and other government and nongovernment agencies participating in the sixth iteration of biennial exercise Talisman Sabre, July 4-19.

According to the I Corps commander, the biennial exercise is an opportunity to improve U.S./Australian combat readiness and interoperability, maximize combined training opportunities, and conduct maritime prepositioning and logistics operations.

“Talisman Sabre brings all the components together of Pacific Command, along with the Australian military, and because of that, I Corps headquarters will certify as part of a joint task force,” said Lt. Gen. Stephen Lanza, commander, I Corps.

Lanza will command the Combined Forces Land Component Command from Gallipoli Barracks near Brisbane.

Talisman Sabre is generally held during odd years and merges the previous exercises of Tandem Thrust and Crocodile into one biennial, joint, combined exercise with U.S. and Australian forces. Lanza said its part of a longstanding,

close relationship with Australian forces.

“We have a tremendous historic partnership with the Australians,” Lanza said. “They have been with us in every major campaign and operation we’ve had, and to partner with them in this critical operation is extremely important. We will continue to have a significant relationship with the Australians in the future.”

While Talisman Sabre is planned and hosted primarily by Australian and U.S. forces, members of the New Zealand Defense Forces will participate as embedded units within the Australian Defense Force, and members of the Japanese Self-Defense Force will participate for the first time as embedded personnel within U.S. military units.

Along with the opportunity to hone military skills, significant involvement from international, Australian and U.S. government agencies make this a truly collaborative whole-of-government effort.

Lanza said working with all of the different elements is crucial to achieving the goals of the exercise.

“The end state is that we provide Adm. Harris, the commander, with a certified, joint-task-force-capable headquarters, capable of conducting operations regionally or globally in support of military operations,” Lanza said.

Summit: Companies need workers w/military experience, per employers

CONTINUED FROM A-1

tary Affairs at JP Morgan Chase, a speaker on the Perspectives on Transition from a National Level panel, built upon McDonald’s words, saying, “Identify and objective and plan accordingly. Have several resumes, one for each of the fields you’re interested in.”

JP Morgan Chase was one of nearly 100 companies with representatives on post to meet with and possibly hire transitioning Soldiers, family members and veterans.

Added Col. Adam Rocke, director of the Army’s Soldier for Life Program and a panelist added, “Transition is a process; don’t make it an event. It takes (an average of) 9-12 months to land that first job.”

This type of real-world advice mixed with optimism and the promise of available jobs — for Soldiers who were willing to stand up and get them — summed up the spirit of the summit, which took place as the Army announced plans to reduce its Soldiers by 40,000 and its civilian employees by 17,000 over the next few years due to budget shortfalls.

Meanwhile, representatives from Microsoft, a major summit partner, said they had numerous positions to fill.

“There are many pathways into the company. We need software developers, coders, electricians, diesel mechanics,” said Sean Kelley, program director for Microsoft’s Military Affairs program, adding that if Microsoft

is looking to fill these positions, then so are other IT companies, such as Apple, Amazon and Google.

“Rule yourself into the industry; don’t rule yourself out,” he continued. “Service members don’t lean into this industry as much as this industry needs them. Human resources needs to understand the value of hiring veterans, and veterans need to believe in the value they bring to the industry.” much as this industry needs them. Human resources needs to understand the value of hiring veterans, and veterans need to believe in the value they bring to the industry.”

Tips for Transitioning

Employers, employment experts and service members who have transitioned agree on a general strategy for success:

- Find a passion or purpose.
- Create multiple resumes.
- Cast a wide net. Your next job need not correlate exactly to your military occupational specialty.
- Be patient. It can take a year to find your next career.
- Start early. Think about and plan your next move while you are still in the military.



Pat Maldonado, left, military veterans staffing and recruiting specialist for Intel, speaks with Pfc. Nicholas Crabtree during the Hawaii Transition Summit Job Fair, Thursday at the Nehelani.

Useful Sites	boots2business.org.	merce Foundation Hire Our Heroes at hireheroesusa.org.
Check out these sites:	•U.S. Army Soldier for Life at soldierforlife.army.mil.	•Department of Labor American Job Centers at jobcenter.usa.gov.
• Small Business Administration’s Boots to Business at	•U.S. Chamber of Com-	

Labor Secretary visits Tropic Lightning Academy’s JOTC

Story and photo by
STAFF SGT. MATTHEW G. RYAN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Secretary of Labor Thomas E. Perez visited the 25th Infantry Division’s Lightning Academy Jungle Operations Training Course, here, Tuesday.

Perez, the nation’s 26th secretary of labor, was a keynote speaker for the Transition Summit, held here, Tuesday and Wednesday. The summit brought Soldiers and spouses, who are transitioning out of the Army, with private sector companies, panel discussions and workshops.

During the visit to the JOTC, Perez saw some of the tactical skills taught to thousands of Tropic Lightning Soldiers and partner nations troops annually.

He witnessed a live demonstration of warriors

in action retrieving a simulated injured person by pulling him up a steep ravine, all while maintaining security and safety for all of the troops.

“It is pretty impressive of the different techniques and skills that the Soldiers learn through this course,” said Perez. “I can only imagine how essential it is, working and operating within a jungle environment.”

“Even something as simple as getting someone up a hill becomes a very difficult task when operating within a jungle environment,” said Maj. Gen. Charles Flynn, commander, 25th ID.

Perez spoke with the cadre and learned of the various foreign partners they’d trained while working at the Lightning Academy. He also learned how that has helped shape the focus and skills sets taught, before ending his tour.



A 25th ID Soldier shows U.S. Secretary of Labor Thomas E. Perez how to filter water at the East Range Training Complex. Perez met with JOTC Soldiers at the complex on Tuesday.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

\$1,000 Reward — CID is offering a reward and confidentiality to anyone with information concerning an arson incident that occurred on May 5. Call 655-7114 or 655-1768.

Battle in Distress — The Suicide Prevention Program for U.S. Army-Hawaii reminds Soldiers, “You don’t walk alone.” Reach out to your chain of command, chaplain or behavioral health professional, or call the National Suicide Prevention Hotline at 800-273-TALK (8255).

Hours for DeRussy — Until further notice, the U.S. Army Museum of Hawaii at Fort DeRussy has temporarily changed its operating hours to Tuesdays through Saturdays, 9 a.m. to 4:15 p.m.

Everybody Out of the Pool — Effective since Tuesday, the Aliamanu and Helemano military reservation pools are closed. The AMR pool will resume regular hours of

operation on Tuesday, July 21, and HMR pool will reopen on Saturday, July 25.

Brain Bank — A consortium led by the Department of Veterans Affairs’ National Center for post-traumatic stress disorder has launched the first brain tissue biorepository (also called the “brain bank”) to support research on the causes, progression and treatment of PTSD affecting veterans. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2715.

18 / Saturday

ASSIST — Applied Suicide Intervention Skills & Training is offering a two-day, intensive, participatory workshop, July 18-19, at the Fort Shafter Community Center. Call 438-1600, ext. 3231.

20 / Monday

Checked Out — The Fort Shafter Library will be closed July 20-22.

21 / Tuesday

Forum — The 13th Annual Hawaii Small Business Forum brings together various government agencies to discuss opportunities to small businesses as a government contractor. Visit www.hidodsbforum.eventbrite.com.

23 / Thursday

599th CoC — Col. Shannon C. Cox will relinquish command of the 599th Transportation Brigade to Col. James M. Smith at 10 a.m., aboard the battleship USS Missouri, Pearl Harbor.

New FM-6-22 published

BILL ACKERLY

Army News Service

FORT LEAVENWORTH, Kansas — Leader development is a top priority as the Army seeks to maintain a competitive edge in a continually uncertain and complex world.

With the publication of Field Manual 6-22, “Leader Development,” the Army is helping its leaders understand how to develop other leaders, their units and themselves.

Intended for leaders at brigade level and below, FM 6-22 integrates doctrine, experience and best practices, drawing upon applicable Army doctrine and regulations, input of successful Army commanders and noncommissioned officers, recent Army leadership studies and research on effective practices from the private and public

sectors.

FM 6-22 introduces five tenets of leader development enduring principles that give leader development a positive effect regardless of techniques and practices. It aligns with the enduring leadership concepts within Army Doctrine Publication 6-22 and Army Doctrine Reference Publication 6-22.

“In bringing doctrine to life, a platform-neutral application (LeaderMap) was developed to enhance the understanding of the doctrine with additional multimedia material,” said Brig. Gen. Bill Burleson, director, Mission Command Center of Excellence. “

(Editor’s note: Read more about changes to the field manual at www.hawaiiarmyweekly.com.)

Leader Development

FM 6-22 is available in the Army Publishing Directorate in a pdf and in an eReader format for download as an ePUB to commercial mobile devices. ePUBs provide better viewing, are scalable to the mobile device’s screen, no matter the size, and mirror the authenticated pdf on the APD. Visit www.apd.army.mil.

LeaderMap

It’s available through the Central Army Registry by typing LeaderMap into the search function. LeaderMap is compatible with iOS, Android and Windows mobile operating systems. Mac and PC desktop versions are also available. Visit www.adtdl.army.mil.



Today

Lane Closure — A one-lane closure in Schofield’s Santa Fe neighborhood at McMahon Road that began Wednesday continues weekdays, 8:30 a.m.-5 p.m., until July 14. Traffic will be stopped for pedestrians to walk around the work area. *(See map at right.)*

27 / Monday

Closure — Aliamanu Drive will be completely closed between Okamura Street and Rim Loop, from today until Aug. 31, for utilities work.

August

8 / Saturday

WAAF Power Outage — A daylong power outage, 8 a.m.-6 p.m., is scheduled for Wheeler

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories. Unless otherwise noted, all phone numbers are area code 808.

Army Airfield, East Range and Leilehua Golf Course. Watch upcoming “Traffic Reports” for updates and a map of the affected areas.

Ongoing

Skyview Loop — Aliamanu Drive will be closed between Ama Road and Okamura Street, weekdays, 8 a.m.-4:30 p.m., until July 24. It will be completely closed between Okamura Street and Rim Loop, July 27-Aug. 31, for utilities work.

Go with the Flow — A partial, modified traffic flow and road closure near Schofield’s Nehealani for utility installation continues. The area near the loading docks and the parking lot between buildings 2060, 2070 and 2071 are restrict-

ed though Dec. 28. The work will be performed in phases. Parking is limited during closure.

WAAF — Ongoing, single-lane closures on

Wheeler Army Airfield’s Airdrome Road, weekdays, 8 a.m.-3:30 p.m., continue through July 15. Both lanes will be available for traffic flow when there’s no work being done.



The southbound lane in the Sante Fe neighborhood will be closed until July 14.

Scams ID’ed

INTERNAL REVENUE SERVICE
News Release

HONOLULU — The Internal Revenue Service issued a consumer alert, July 2, to help taxpayers protect themselves from scam artists pretending to be from the IRS.

“If you get an unexpected phone call or email from someone claiming to be from the IRS and making aggressive threats if you don’t pay immediately, you should assume it’s a scam,” said IRS spokesman David Tucker. “The IRS will mail a written notification of any tax problem, not initiate contact by phone or email.”

The IRS says, while phone scams continue, criminals have also started mailing or faxing falsified forms, notices and letters to taxpayers.

“Taxpayers need to know scam artists have started sending fake documents to trick taxpayers into sending money or ‘verifying’ their personal information that is then used to commit refund fraud,” said Tucker.

The IRS says to scrutinize any written correspondence you receive. Just because the IRS website is provided or a form is listed on the IRS website does not mean what you received is legitimate.

“The bottom line is, if you receive an unexpected call, fax or letter claiming to be from the IRS, contact the IRS directly,” said Tucker. “Call our toll -free number, 800-829-1040, to see if the IRS is really trying to contact you.”

What if you get an email from the IRS that tells you to open an attachment or visit a website?

“The IRS does not use email, text messages or any social media to discuss your personal tax issue,” said Tucker. “We receive thousands of reports every year from taxpayers who receive emails claiming to be from the IRS. Don’t reply, open any attachments or click on any links. You should forward the email to phishing@irs.gov and then delete it.”



Got Scam?

For more information on reporting tax scams, go to the IRS website and type “scam” in the search box. Visit www.IRS.gov.



The painting “Odysseus and the Sirens” by John William Waterhouse, 1891

Since the dawn of civilization, battle-weary warriors have suffered from what is now known as PTSD. References to PTSD from antiquity can be found in the story of Odysseus, who spent 10 years at war against Troy and another decade struggling to return home.

Sustainers learn new methods for recognizing, dealing with PTSD

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment
Command Public Affairs

FORT SHAFTER — Over time, post-traumatic stress disorder has made headlines because of the number of individuals it effects every day – and its not just related to those who have served in combat, but also those who have been in traumatizing situations.

As a way to help eliminate any negative perceptions and stigmas of this disorder, Congress designated June 27 as National PTSD Awareness Day to reiterate how important it is for those who suffer from this condition to get help.

The 8th Theater Sustainment Command’s Soldiers and civilians recognized PTSD Awareness with a yoga class focused on relaxation at the fitness center, here, accompanied by multiple training sessions at Richardson Theater, to help familiarize individuals with the signs, symptoms and treatment methods for this disorder, June 26.

The sessions featured guest speaker Dr. Kenneth Hirsch, manager for the Traumatic Stress Recovery Program for the Veterans Affairs Pacific Islands Health Care System.

“We’re going to talk about not just PTSD, but things related to it, associated conditions, post-traumatic growth, etc.,” Hirsch said.

Hirsch stated that PTSD has been around a long time, but wasn’t diagnosed until 1980.

“World War II and Korea, it was known as ‘battle fatigue’” Hirsch stated. “World War I, it was ‘shell shock.’ In the Civil War, it was ‘Soldier’s nostalgia.’ Shakespeare wrote about it in his play ‘Henry IV,’” continued Hirsh. “Homer, the most famous of the Greek tragic playwrights, instituted it into his most famous works, ‘The Odyssey’ and ‘The Iliad.’”

PTSD has different symptoms, including hypervigilance, suspiciousness, light sleeping, and even combat driving, all of which can oc-

cur when not in a deployed environment.

“You feel more alive, more in control and more powerful,” Hirsch added. “That’s why combat can feel good, anger can feel good and physical or verbal fighting can feel good.”

Hirsch also explained how many victims of PTSD experience fear and aren’t always able to deal with it in a positive way, and how fear activates the sympathetic nervous system, which releases adrenaline.

An art gallery demonstrated therapeutic artwork as a coping and healing mechanism.

Participants received key information on identifying and getting help for the disorder.



The 8th TSC participates in a PTSD awareness class at Fort Shafter’s Richardson Theater, June 26, to emphasize the importance of helping those who suffer from the condition.

PAU HANA

"When work is finished."

Friday, July 10, 2015



Summer is a great time for children to enjoy different outdoor activities and explore, but experts say parents should be vigilant about ensuring kids' safety from pests, bugs and poisonous vegetation.

Staying summer-safe requires awareness, planning

Story and photos by
JO ANITA MILEY
Army News Service

The Army's "101 Days of Critical Summer" campaign is well-underway, and everyone needs to think about safety while enjoying all summer activities, such as taking a road trip, grilling out in the backyard, enjoying a day at the beach or visiting a local park.

With warmer weather here and travel and outdoor activities expected to increase over the summer, it's important to place a heavier emphasis on summer safety and risk management, said Victor Taylor, chief of safety at the Engineering and Support Center, Huntsville, Alabama.

"It's that time of year again. School is out, and everyone wants to take advantage of the great weather and fun summer activities," Taylor said. "For instance, Fourth of July is one of the biggest events of the summer, but celebrating it can bring an increase in injuries. In 2010, fireworks caused an estimated 15,500 reported fires, including 1,100 structure fires."

"Summer is officially here," said Will Eggleston, a safety engineer in the Safety Office. "We all love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, enjoying fireworks displays or going for a bike ride, there is something for everyone, no matter how young or old. We hope everyone enjoys this time of year, but we want to also remind our workforce there are potential dangers during the summer months."

"It's important to be aware of what they are," Eggleston added. "The more information an individual learns about how to prevent illness

and injuries, the less likely they will occur."

Taylor and Eggleston said, although there are many areas to cover when it comes to summer safety, their team wants to review just a few to help employees avoid common off-duty hazards.

Driving safety

- Don't drink and drive. Alcohol is the leading cause of fatal Army personal vehicle accidents. Also, impaired judgment leads to poor vision and delayed reaction time.
- Buckle it; it's the law. Make sure all parties in your vehicle wear seat belts. Use age-appropriate child safety seats.
- Beware of distracted driving. Don't text and drive and don't multitask when you're behind the wheel.

Chain saw safety

- Wear proper personal protection equipment (gloves, helmet, safety glasses, boots and long-sleeved tops and long pants).
- Follow manufacturer's safety requirements for maintenance and operation of equipment.
- Know your surroundings (slips, trips, falls and directional landing area).

Lawn mower safety

- Store fuel containers and lawn equipment separately in appropriate containers.
- Wear proper personal protection equipment (safety glasses, ear protection and closed-toe shoes).
- Follow proper manufacturer's safety requirements for maintenance and operation of equipment.

Bicycle safety

- Wear protective clothing (helmet, reflex

tors, knee/ elbow pads, closed-toe shoes).

- Know the proper signal requirements for operating bicycles on public roadways.
- Make sure children from toddler to age 12 are being supervised at all times.

Swimming/boating safety

- Ensure everyone in your party uses life jackets when around water.
- Know your limits when it comes to water. Never swim alone; use the buddy system.
- Don't drink and boat drive.

Fireworks safety

- Never allow children to use fireworks without adult supervision.
- Have necessary safety equipment (fire extinguisher, water and solvents) on hand when using fireworks.
- Follow state and manufacturer's instructions when using fireworks.

Motorcycle safety

- Don't drink and drive.
- Wear proper personal protective equipment (helmet, gloves, jacket, long shirt and pants, and helmet with shield).
- Know the proper signal requirements for operating a motorcycle on public roadways.

Heat-related injuries

- Wear appropriate clothing, including a wide-brimmed hat and apply sunscreen with an SPC of at least 15.
- Take frequent water breaks.
- Never leave kids or pets unattended in a vehicle.

Taylor said his team can't stress

enough the importance of employees being able to recognize heat-related illnesses during the summer.

Whether an individual is working or playing outside in the summer, anyone not accustomed to the heat is at risk for heat-related illness. This is especially true for young children and the elderly.

Eggleston said he also recommends accident prevention and risk management be discussed when planning leisure activities, whether at work, school or on vacation.

"Always be conscious of your surroundings and protect yourself. If you have to think about whether an act is safe or not, it probably isn't," Eggleston said. "We want to make sure the 100 Critical Days of Summer are calm and uneventful in regard to having any safety issues."

"We want everyone to use this important safety advice to help them have an incident-free summer," Taylor said. "We want everyone to share this with family and friends, too. Our main priority is to keep everyone safe."

RELATED STORY

- Read about sun dangers; see page B-4.

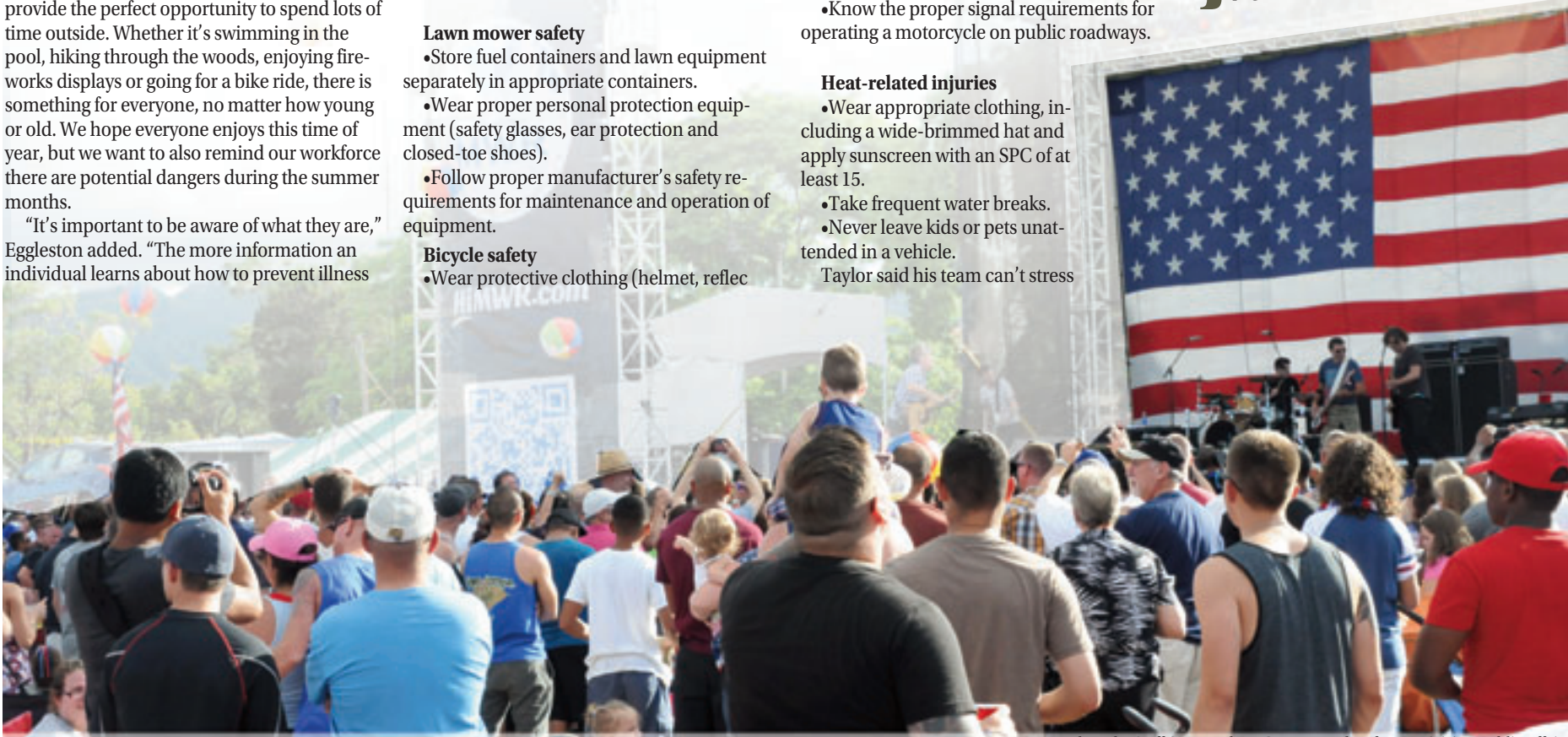


Photo by Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

The Fourth of July Spectacular typically kicks off the start of summer, which is a time for outdoor activities and fun, and also a time to ensure summer activity safety precautions are taken seriously.



Briefs

Today

Temporary AMR and HMR Pool Closures — Effective immediately, the pools will close due to a shortage of lifeguards and staffing. AMR will resume regular hours of operation July 21, and HMR pool will re-open July 25.

ACS Outreach Center — The FS ACS Outreach Center will reduce its operational hours to once weekly, 8 a.m.-3:30 p.m., Tuesdays. Services available include information and referral and the ACS loan closet. The SB ACS main center will continue services from 7:30 a.m.-4:30 p.m. Call 655-1710.

11 / Saturday

ODR Ocean Splash — Learn the basics of how to operate both one- and two-person canoes, kayaks, stand-up paddleboards and paddling sports. Outdoor Recreation supplies the transportation, equipment and instruction. Sign up at ODR no later than noon the day before the program. Call 655-0143.

AMR Parent’s Night Out — Reservations for the CYS Services program, 6-11 p.m., at the AMR Child Development Center, will be accepted on a first-come, first-served basis at the Parent Central Services Office, for children ages 6 through the fifth grade. To register, visit a CYS Services Parent Central Service office. Fees are \$20 for one child, E-5 and below; \$25 for E-6 and above; and \$5 per each additional child.

13 / Monday

Learn to Swim — Classes are held Mondays, Wednesdays, Thursdays and Fridays, 9 a.m.-5 p.m., at SB Richardson Pool. Schedule is subject to change upon instructor availability. Proof of CYS Services registration will be required at time of sign-up. Call 655-9698.

Summer Mommy & Me Bowling — FS and SB bowling centers offer moms one free game of bowling when purchasing games for their child – through July. Children must be 10 years of age or under. Not valid during cosmic bowling or holidays or for party reservations. Call 438-6733 (FS special, 1-9 p.m.) or 655-0573 (SB special, 10 a.m.-9 p.m.).

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95/per person at SB’s Kolekole Bar & Grill and FS’s Mulligan’s Bar & Grill. Order off the menu or help yourself to the multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).
Review menus at www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ike

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

New Museum Hours — U.S. Army Museum of Hawaii at Fort DeRussy will temporarily change its operating hours to 9 a.m.-4:15 p.m., Tuesdays thru Saturdays.

Sesame Street Live: Let’s Dance — Sesame Street favorites appear at the Blaisdell Concert Hall, 7 a.m., Friday, July 10; 10:30 a.m., 2 p.m., 5 p.m., Saturday, July 11; and 10:30 a.m. and 2 p.m., Sunday, July 12. The tour also offers 10 additional performances July 16-19. Visit <http://j.mp/sesame-street-live>. Call 768-5252.

Na Koa Wounded Warrior Re-

COMING TO SCHOFIELD



Courtesy Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Popular Comedian Gabriel “I’m not fat, I’m fluffy” Iglesias brings his topical humor to Weyand Field, here, for a special free performance, Aug. 1. Sponsored by the Air Force Reserves, the evening’s entertainment is open to DOD ID cardholders and guests.

na/hale-ikena-lunch-buffet-menu for the week’s current lunch specials.

14 / Tuesday

SKIES Unlimited School of Art — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays. Open to CYS Services registered children ages 7-18 at \$55/per month. Call 655-9818.

Mexican Cuisine Lunch Buffet — New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, soup and salad for \$10.95. Call 438-1974.

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

15 / Wednesday

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•South meetings are held at FS Bowling Center at 10 a.m., every 2nd

and 4th Wednesday.

•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

Cooking Club for Teens — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food tours and shows, and want to earn cooking award points towards reward excursions.

The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

Keiki Night — Every Wednesday night is Keiki Night at SB Kolekole Bar & Grill. Kids under 10 eat for a \$2.99 from the keiki menu from 5-8 p.m. Call 655-4466 or 438-1974.

16 / Thursday

Tropical Thursdays — Join the SB Tropics Recreation Center every Thursday for Texas Hold’em. The fun starts at 6 p.m. A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. All ID cardholders 18 and older are welcome. Call 655-5698.

17 / Friday

Grill Your Own Steak Night — FS Hale Ikena presents a savory feature every 1st and 3rd Friday of the month from 3-8 p.m. Grill your own

steak, or we’ll be glad to do it for you for an additional cost. Served with a baked potato and chef’s choice of vegetable. Call 438-1974.

18 / Saturday

Army Hawaii 10-Miler Qualifier — Fastest Soldier-qualifiers from this 10-mile race, 6 a.m., around Schofield Barracks, will be considered to represent Team Hawaii in the Army Ten Miler, Oct. 11, in Washington, D.C. Register at the SB Health and Fitness Center or call 655-8007. Call the FS Physical Fitness Center at 438-8007.

Introduction to Surfing — Outdoor Recreation offers this beginner training for all ages, 8:30 a.m.-12:30 p.m., on the south shores of Oahu at White Planes. ODR provides transportation and equipment. Call 655-0143.

21 / Tuesday

Story Time at FS Library — Every 1st and 3rd Tuesday free preschool session features reading, dancing and crafts. Call 438-9521.

Ongoing

SKIES Unlimited Theatre Class — Do you have the Golden Ticket? Would you like a tour of the Chocolate Factory? Be a part of the next SKIES Unlimited theatre production at SB. Call 655-9818.

Kapilina NiteRun & Family Fair — Family event begins with the family fair at 5 p.m. at Kapilina Beach Homes, 5910 Gannet Ave., Ewa Beach, Saturday, July 18. Register online at www.niterun.com.

22 / Wednesday

High School Camping Trip — The Religious Support Office sponsors this two-day experience, July 22-23. SB POC is Kevin Schmidt at 372-1567 and AMR/FS contact is Alike Andrade at 321-4809.

27 / Monday

Community Information Exchange — The next CIE (formerly called the SIM or Spouse Information Meeting) is 9-10:30 a.m. at the Nehelani.

The focus of this meeting is installation and community matters. Key service providers will provide details of upcoming events for 30-60-90 days, followed by an open forum and Q&A session.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to aafe.com under realtime movie listing.



Entourage

(R)
Fri., July 10, 7 p.m.
Thurs., July 16, 7 p.m.

Jurassic World

(PG-13)
Sat., July 11, 4 p.m.
Sun. July 12, 2 p.m.

Pitch Perfect 2

(PG-13)
Sat., July 11, 7 p.m..



No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

SCHOFIELD HOLIDAY WEEKEND



Photos by Sgt. 1st Class Meilletis J. Patton and Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Tens of thousands of Army-Hawaii community members gather at Weyand Field to celebrate the Fourth of July Spectacular with July 3 & 4 concert entertainment including Michele Branch (top photo) and O.N.E. Nation (second from top, left). An abundance of flags and ceremonies, including a commemorative Gold Star Family quilt flag (second from top, right), offered reminders of service members, commitment and sacrifices.

Mom leaves home, but life goes on for her family

LISA SMITH MOLINARI
Contributing Writer

Ah, alone at last with a latte in the airport and plenty of time for people-watching before my flight. That chubby little boy over there with the teddy bear backpack is just precious. He's sitting criss-cross, applesauce in his chair. Blue eyes, dark lashes and dimples for knuckles. Aw! Lordy, what's up with the guy drinking the Starbucks in the white linen pants and bright orange golf shirt? Mirrored sunglasses and a rusty tan, so cheesy. A fast talker I'll bet. Why's that lady moving her lips? Carrying on a full conversation with herself, hand gestures and all. Oh, geeze, a policeman with a dog. Is he sniffing our luggage? I wonder if they're looking for drug runners. How exciting! Uh, oh, time to board.

Once a year, I leave my family and go off on my own for a few days to attend a newspaper columnists' conference. I've done this for the



last four years in a row, and although I love to people-watch in airports and eat out for a few days, it's not what you'd call ... easy. My active duty Navy husband, who has left home for work more times than I can count, just simply packs a bag and goes. He does not ask about how our daughter will get to her tennis lesson. He does not make a list of meal ideas for us to eat while he is gone. He does not remind the kids to walk the dog. And when he returns to us, he dumps a suitcase full of dirty laundry by the washing machine before finding a good place to relax. For me, on the other hand, leaving home is a tad more complicated. Planning begins weeks in advance. I write grocery lists. I cook. I jot reheating instructions

on index cards. I make phone calls to arrange rides. I do laundry. I clean. I draw diagrams regarding pet care, chores and logistics. Don't get me wrong, my family is 100 percent capable of running a home in my absence. However, 21 years as a military stay-at-home mom has conditioned my family to depend on me. When I get home in a few days, I won't dump my dirty clothes by the washing machine, because there will already be a mountain of laundry waiting for me. To their credit, my husband and kids will run around throwing things in closets, so the house looks decent, and I'll smile and avert my eyes from the dirty toilets and sticky countertops. Four more days before I have to deal with that. "Boarding zones three and four," are called, and I walk through the human Habitrail and onto the plane. Thanks to people stuffing oversized carry-ons into the overhead bins, I am forced to wait in line in first class, staring at the privileged sitting comfortably in their oh-so-roomy chairs. What makes you so special, I think, as I pass by the flimsy curtain on my way to the cheap seats. Coach class looks like a mouthful of teeth crowded into a narrow palate. From my cramped window seat in aisle 23, the air is stale and at least 10 degrees too warm from human breath and body heat. Just as my armpits begin to dampen, the pilot taxis and takes off, banking sharply to the left. Strangely, as I look down at the toy houses splayed out like "The Game of Life," I feel a pang of homesickness for my utterly dependent family. Roping suburban streets studded with turquoise pools get smaller and smaller until the aircraft wings swirl into the steamy summer stratosphere. In the tiny space left between bags on the floor, I click my heels and mutter to myself, "There really is no place like home." (A military spouse and mother of three, Molinari shares her "Meat and Potatoes of Life," insights in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)





Photo by Dr. Edwin P. Ewing Jr., Centers for Disease Control

People enjoy the beach in Waikiki, but subject themselves to real UV sun danger.

Sun danger is real threat

MOLLY FRANCIS
U.S. Army Public Health Command

It is finally summertime, so what better way to celebrate than by going out and enjoying the summer sun?

You probably put on sunscreen before going swimming or going to the beach because you know the sun’s ultraviolet rays, or UV rays, can damage your skin in just 15 minutes.

But wait, not so fast! You are in danger from the sun’s UV rays any time you are outside.

Defining UV

Ultraviolet radiation is defined by the U.S. Centers for Disease Control and Prevention (CDC) as the “part of sunlight that is an invisible form of radiation.” There are two types of harmful UV rays: ultraviolet A (UVA) and ultraviolet B (UVB). While UVA is the most dangerous type, the CDC cautions that UVB rays can also have negative health effects.

Too much exposure to UV rays can cause sunburn, where the radiation literally burns your skin and causes it to age prematurely. Along with being painful, sunburn can have long-term consequences.

The World Health Organization warns that UV rays cause damage to skin cells that can result in skin cancer along with other harmful effects to your eyes, skin and immune system. The National Cancer Institute cautions that skin cancer is the most common type of cancer in the United States and getting just one blistering sunburn increases your risk.

Precautionary Tips

It is important to safeguard against the sun’s harmful rays to protect yourself and your skin. To protect yourself, follow these “SUNSHINE” tips:

S: Sunscreen. Always wear sunscreen. The CDC recommends wearing sunscreen with a sun protection factor of at least 15 and offers protection from both UVA and UVB rays. Sunscreen should be worn any time you go outside for the most protection.

U: Use sunscreen correctly. Apply sunscreen at least a half an hour before going into the sun. Also make sure to reapply sunscreen at least every two hours or more often if you are swimming. If you are swimming, reapply sunscreen every time you dry yourself off.

N: No expired sunscreen. Always make sure to check your sunscreen’s expiration date, as all sunscreens expire. If you cannot find one, replace the sunscreen after three years or if the sunscreen appears discolored.

S: Sunglasses. Wear sunglasses. Look for sunglasses that offer 100 percent UVA and UVB protection. Sunglasses can help protect your eyes from cataracts and yellowing of the lens.

H: Have (and wear) protective clothing. Protective clothing includes a wide-brimmed hat that shields your face and neck from the sun, long sleeves and pants. The American Cancer Society advises that clothes that are dry, darker and have tighter knits are better at protecting your skin from UV rays. However, also wear sunscreen for ultimate protection.

I: Inside. Avoid being outside from 10 a.m. to 4 p.m., when possible. These are the peak hours for UV rays. If you are going to be outside during this time of the day, take precautions like staying in the shade.

N: No tanning beds. Tanning beds produce UV rays just like tanning outside. Getting a base tan before going to the beach does not protect your skin from the sun while at the beach.

E: Examine your skin. Look for moles that are growing larger, black or uneven in color and look for discolored skin patches. These marks could be signs of melanoma, a particularly dangerous type of skin cancer, and should be discussed with your doctor.

Although sun safety is important in the summer, remember UV rays can find you year-round.

If you follow these “SUNSHINE” tips, you can be sure to enjoy your summer responsibly and protect your skin, the largest organ in your body!

July marks 148 years of commissary benefits

DR. PETER SKIRBUNT
Defense Commissary Agency

FORT LEE, Virginia — American military commissaries, the “supermarkets to the military” across the globe, reached their 148th anniversary on July 1.

On that day in 1867, Congress authorized the Army to begin selling, at cost, food items – called “commissary goods” – to Soldiers of all ranks.

This landmark event began the modern era of retail food sales taking place on military installations.

Military commissaries today little resemble the warehouses that doubled as sales stores in 1867, but there are key similarities. For example, commissaries still sell food at cost to officers and enlisted alike, providing a savings benefit that promotes readiness and encourages retention in the armed services.

“Throughout history, commissaries transformed right alongside the military, evolving from a counter in a subsistence storehouse to former stables to old airplane hangars to vacant warehouses to the modern facilities you see today,” said Joseph H. Jeu, director and CEO of the De-

fense Commissary Agency. “A constant amid this evolution has been delivering a benefit for service members and their families who’ve earned it.”

In addition to the savings military families receive on their commissary purchases, the benefit also provides an indirect support to patrons of nearly \$250 million annually. This support is due in large part to the commissary’s relationship with industry partners – its vendors, suppliers and brokers – responsible for store support, military-only coupons, contributions to installations, promotions and giveaways, and scholarships for military children.

The modern-day benefit began after Civil War. Then, many Soldiers were poorly served by sutlers, licensed vendors who often overcharged or provided poor-quality goods. After the war, Congress decided that enlisted men should receive the same shopping privileges officers had already enjoyed for four decades and extended the benefit to all ranks.

The first stock list, approved in 1868, consisted of 82 items, most of which were canned goods. This product selection was

See BENEFIT B-5



File photo

Schofield shoppers enjoy the benefits of Commissary convenience and discounts.

BENEFIT: History helping Soldiers

CONTINUED FROM B-4

similar to the stock lists of contemporary civilian general stores. Eventually, the sales function moved from storehouses to separate buildings, first known as “commissary sales stores” and, later, to “sales commissaries.”

Civilian post traders, who had been permitted to sell anything commissaries did not carry, were abolished in 1893, and the modern exchange system took their place in 1895. To this day, the commissaries and exchanges are separate organizations, with different funding sources.

The list of eligible shoppers has expanded since 1867. Retired officers became eligible in 1879 and retired enlisted men in 1914. All spouses and family members were shopping by the 1930s, although some received the benefit earlier in many locations.

In 1991, to improve efficiency and increase taxpayer savings, Congress and the Department of Defense created the Defense Commissary Agency by consolidating the military services’ separate retail grocery operations. Since then, customer savings have increased from 25 to an average of 30 percent.

Members of the National Guard and Reserves always have had partial shopping privileges – essentially, during brief periods of active duty service, but in 2004, in recognition of their vital contributions to the nation’s defense, their increasing duties and extended deployments, National Guard and Reserve personnel were authorized full-time commissary benefits.

The number of items stocked by commissaries has also increased from the 82 sold in 1868 to the 22,500 items available in the commissary’s largest stores today.

“With a legacy of 148 years behind us, we remain committed to providing a valuable commissary benefit to military members, retirees and their families that is cost effective and operationally efficient,” Jeu said. “Whether it’s the 19th century or the 21st century, we exist to serve our patrons.”



More Online

Visit the commissary online at www.commissaries.com.



Army measures for healthiest DFAC

HONOLULU — During the week of June 8-12, Hawaii garrison dining facilities (DFACs) participated in the first, annual Soldier Athlete Warrior (SAW) Fueling Competition.

The purpose of the competition was to provide garrison DFACs a chance to enhance the nutritional quality of their menus in order to fuel the SAW.

It also offered the opportunity for food service personnel to use culinary skills and create innovative recipes.

Participating DFACs included the Warrior Inn DFAC (managed by 2nd Stryker Brigade Combat Team, Schofield Barracks), Wings of Lightning DFAC (managed by 25th Combat Aviation Bde., Wheeler Army Airfield), Leader’s Den DFAC (at NCO Academy Hawaii) and K-Quad DFAC (managed by 25th Sustainment Brigade – formerly the 45th, SB).

Facilities were evaluated on recipe evaluation (50 percent of the total score), adherence to Department of Defense (DOD) menu standards (25 percent of total score) and diner nutrition education (25 percent of total score).

Recipe evaluation accounted for the majority of the total score (50 percent). Recipes were evaluated by 10 randomly selected diners and three food service personnel judges. However, the diners’ scores were weighted more heavily to better represent the typical customer base.

Evaluation

At each DFAC, diners evaluated four recipes (entrée, short order, salad, dessert) on appearance, aroma, taste, texture and overall quality. Judges evaluated the recipes on these same criteria in addition to nutrition criteria.



ASK THE DIETICIAN

1ST LT. ELIZBETH B. TANKOVICH
Tripler Army Medical Center
Nutrition Care Division

DFACs were encouraged to incorporate fruits and vegetables, lean proteins, whole grains and healthy fats. Many diners had positive and constructive feedback; however, others were harsher. Examples of diner comments are listed below:

- “Trying to eat healthier. Glad there are these choices.”
- “Could use more seasoning/ flavor.”
- “Would love to see this salad again.”
- “A little too sweet.”
- “Most of the days, the veggies are rotten.”
- “Great presentation with peppers and color.”

Standards

Schofield Barracks’ registered dietitians performed assessments the week prior to the competition based on adherence to the Joint Subsistence Policy Board DOD Menu Standards and DA PAM



Photos by Capt. Cheryl Milford, TAMC

The WAAF DFAC features nutrient- dense dessert options, such as yogurt and berry parfaits as part of the SAW competition.

30-22.

Diner nutrition education was assessed through inspection of Go for Green labeling and nutrition education material displayed in the facility. These educational items ensure that Soldiers are exposed to nutrition knowledge that maximizes performance, maintains long-term good health and sustains morale. Again, adherence to DOD menu standards and diner education each

accounted for 25 percent of the final score.

Assessment tabulation

All four DFACs delivered great products during this competition and demonstrated pride in serving their customers quality food.

Results are still being tabulated, and the winner will be announced in the near future by the Hawaii Garrison Installation Food Program Manager’s Office.

Bottom line

What does this mean for diners? Eventually, this annual competition should result in improved food choices at Hawaii garrison DFACs. Comment cards are always available in DFACs, and diners should use them to provide constructive feedback year-round (not just during the SAW competition).

The only way to be heard and see change is to voice your opinion.



K-Quad DFAC creates an ice sculpture for condiments and sauces during the first SAW Fueling Competition.



TAMC



Addiction Assistance

Are you or a loved one struggling with an addiction problem? Family members over the age of 18 and/or retirees who are coping with drug or alcohol

problems can now reach out for help by calling Tripler Army Medical Center's Addiction Medicine Intensive Outpatient Treatment Program at (808) 433-6098. Please call today to discuss how you can take care of you!